

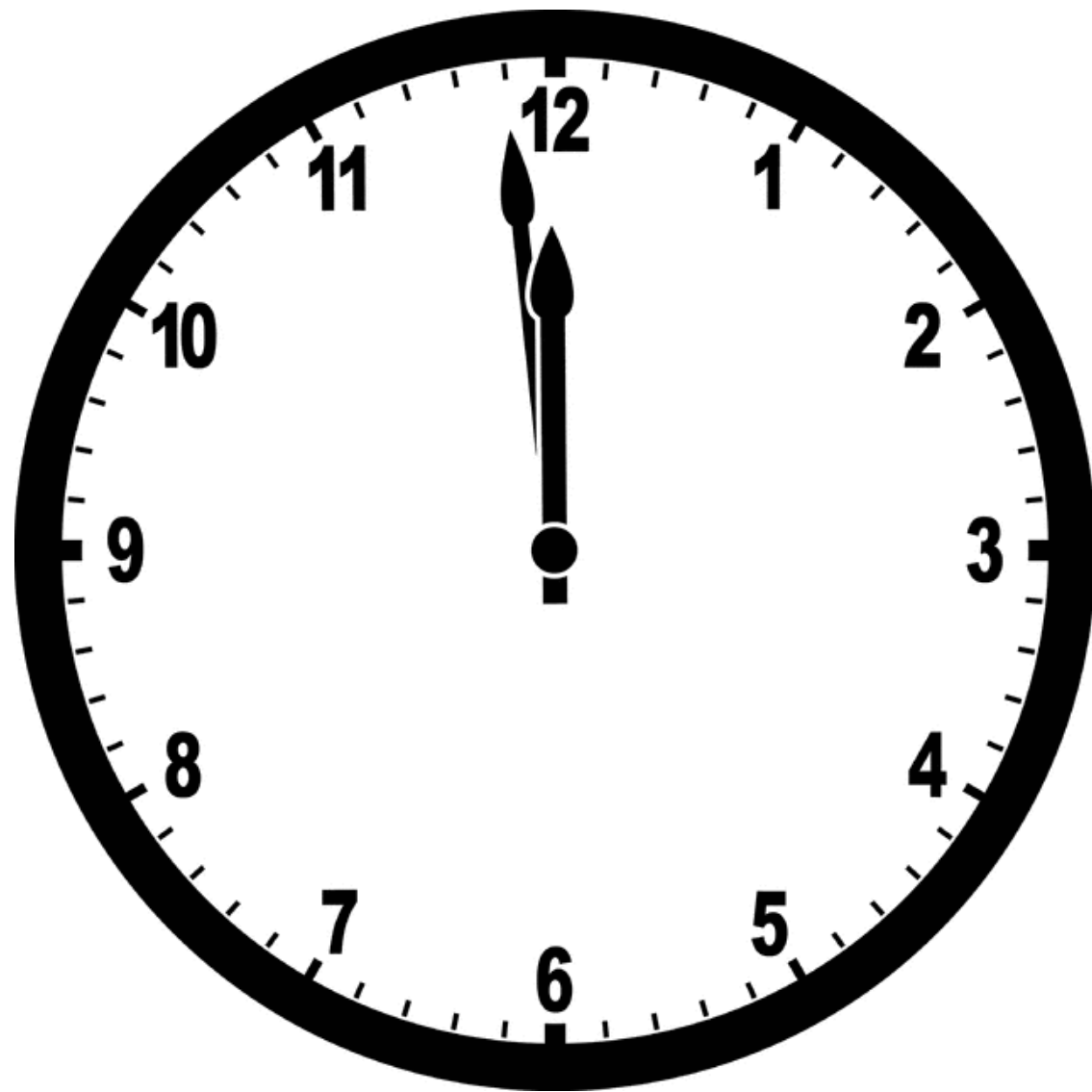


Procrastination - A Biological Perspective

Devraj Thakkar



Illinois Mathematics and Science Academy



“Only put off until tomorrow
what you are willing to die
having left undone today.”

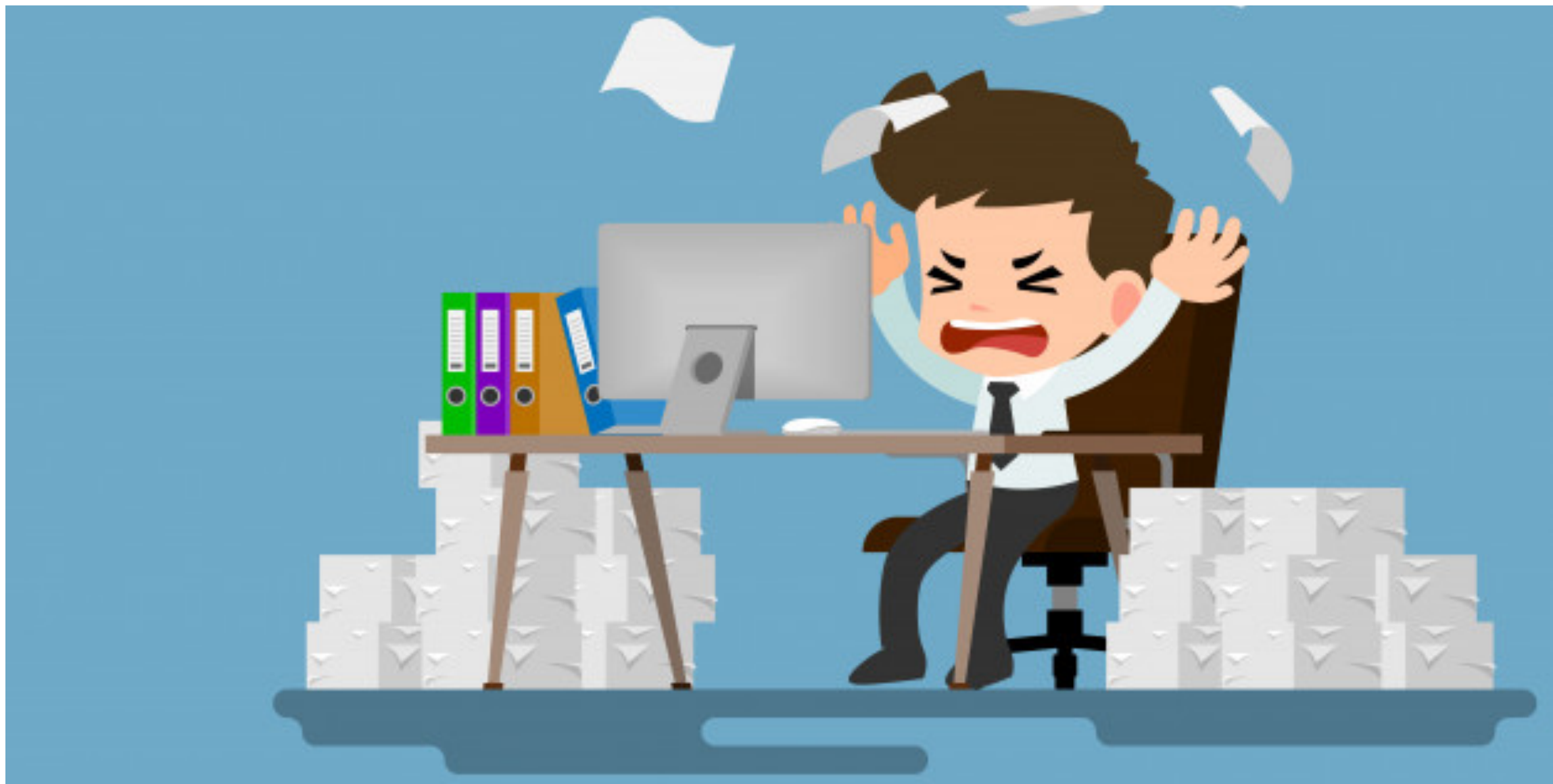
-Greek Poets & Roman Scholars



1871

e|e MENT





Procrastination, but *why?*





Procrastination: Finding the Root Cause

Psychology - Words of Procrastination



Psychology - Words of Procrastination



“This is so boring.”

Lack of Interest



Psychology - Words of Procrastination



“This is so boring.”

Lack of Interest



“What if I can’t do it?”

Low Confidence



Psychology - Words of Procrastination



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“Why am I doing this?”

Abstract Benefits



Psychology - Words of Procrastination



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“Why am I doing this?”

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“I’ll be fine if I do it later.”

False Security



Psychology - Words of Procrastination



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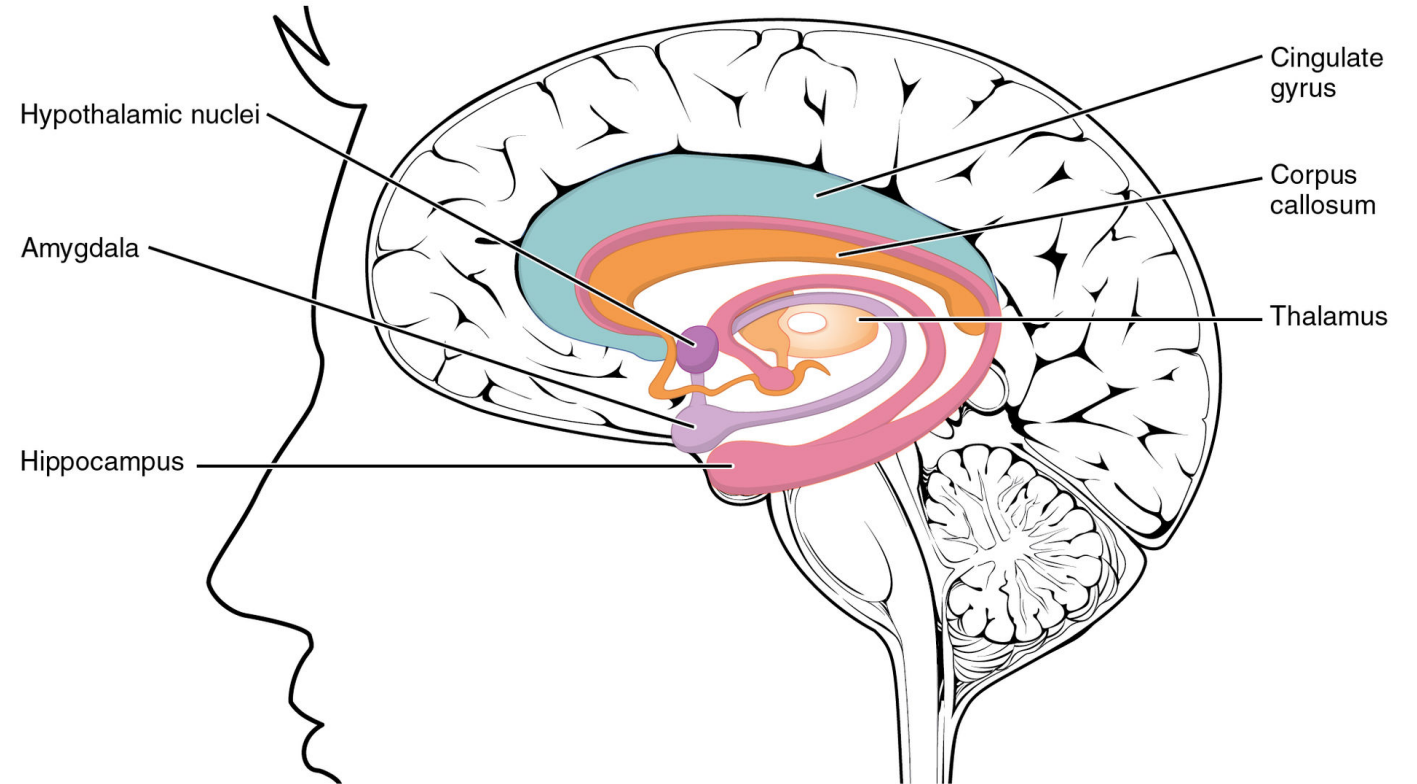


“They can’t make me do it!”

Rebellious Retaliation

Physiological:
Limbic System

Motivation



Biology - Words of Procrastination



Biology - Words of Procrastination



Lack of Interest

(Pleasure Principle)
Septal Nuclei



Biology - Words of Procrastination



Lack of Interest

(Pleasure Principle)
Septal Nuclei



Low Confidence

(Fear of Failure)
Amygdala



Biology - Words of Procrastination



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Abstract Benefits

(Self Preservation)
Hypothalamus



Biology - Words of Procrastination



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Abstract Benefits

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False Security

(Flight or...)
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Biology - Words of Procrastination



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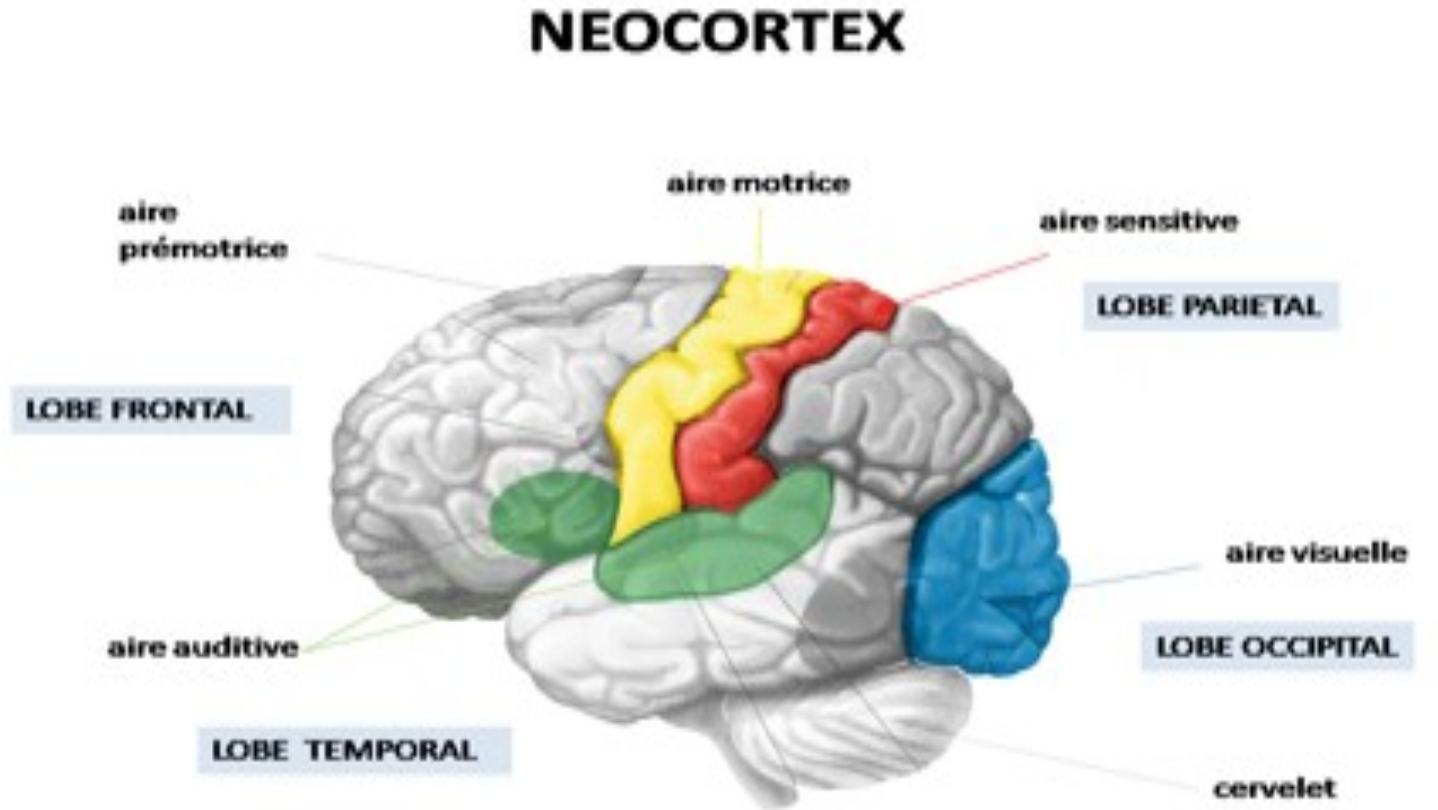


Rebellious Retaliation

(...Fight)
Amygdala

Physiological:
Neocortex

Forethought



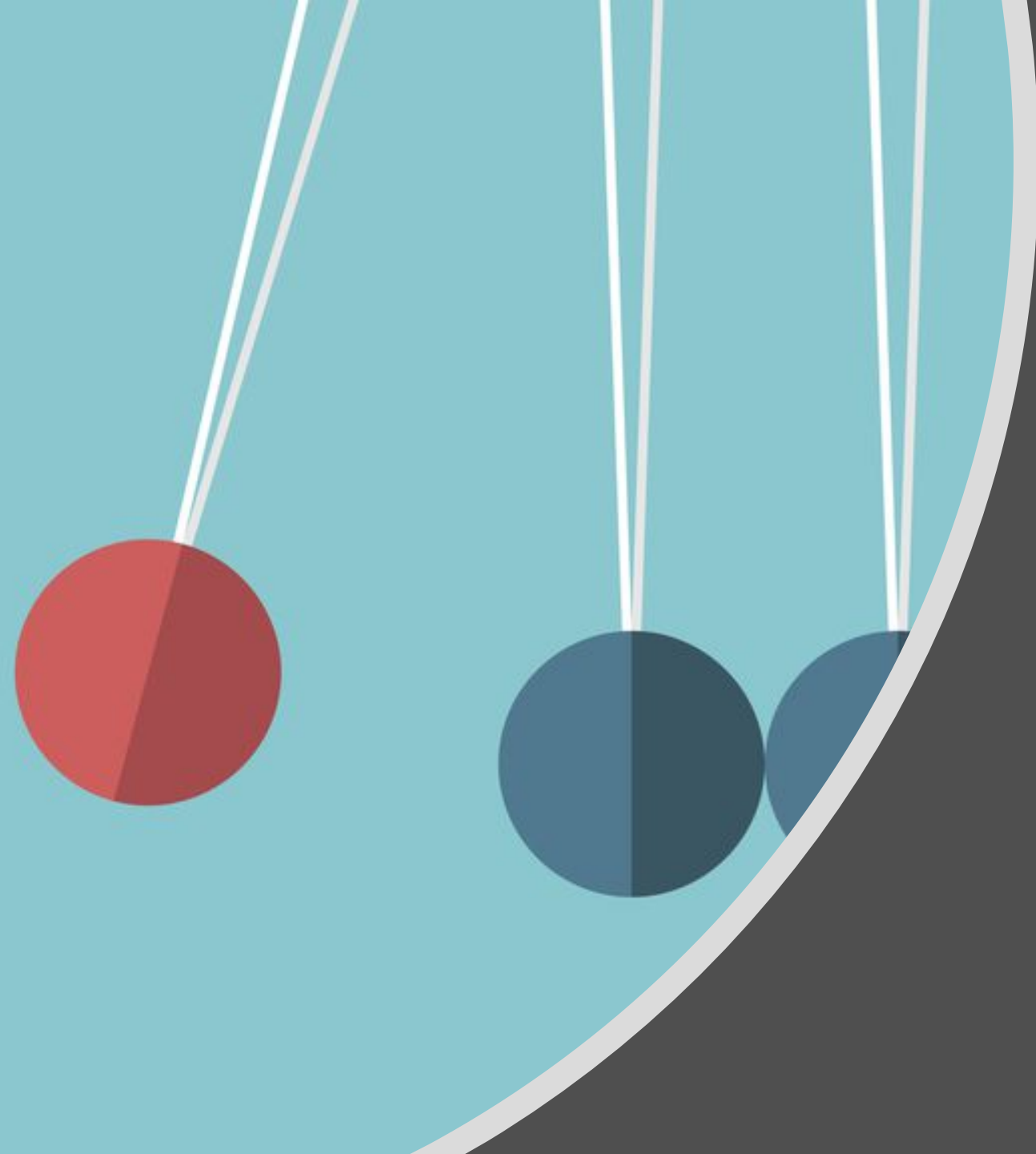




Manipulating the Limbic System



Bypassing the Limbic System



“An object at rest tends to remain at rest, and an object in motion tends to remain in motion”

-Isaac Newton

“You may delay, but time will not”

-Benjamin Franklin